



ARMS

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Close-grip Swiss bar press (with chains)* Superset	2	5-8	*A1 and A2 are superset
A2 Single-Arm DB preacher curls*	2	6-8	*A1 and A2 are superset
B1 Cross cable triceps extensions** Superset	3	8-10	***Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
B2 dumbbell hammer curls**	3	6-8	***Double Drop set on this last set. (First set will be in the prescribed 10-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

PUMP WORK THE ARM ABOMINATION GIANT SET

Complete as giant set.

A1	floor swiss bar extension	3	10-15	3 rounds, 45 seconds rest between rounds
A2	floor swiss bar throat extension	3	10-15	3 rounds, 45 seconds rest between rounds
A3	rope overhead extension	3	10-15	3 rounds, 45 seconds rest between rounds
A4	high supinating cable curls	3	10-15	3 rounds, 45 seconds rest between rounds
A5	incline pronating curls	3	10-15	3 rounds, 45 seconds rest between rounds
A6	iso stretch	3	30 seconds	3 rounds, 45 seconds rest between rounds

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